



STRESS MANAGEMENT TECHNIQUES

TASK: Identify what stress is and learn stress management techniques.

CONDITIONS: Discussion - Question Based.

STANDARDS: Soldiers will understand stress and four different techniques to cope with stress.



STRESS MANAGEMENT TECHNIQUES

Discuss what Stress is.

(DISCUSSION) Ask the Soldiers what stress is and what happens to them when they experience stress.

- Stress is anything that poses a challenge or a threat to our well-being.
- **Some stresses are good for you** - without any stress, many say our lives would be boring and probably feel pointless. Unfortunately when stress undermines both our mental and physical health they are bad.
- When we are stressed the following happens:
 - Blood pressure rises; Breathing becomes more rapid
 - Digestive system slows down; Heart rate (pulse) rises
 - Immune system goes down; Muscles become tense
 - We do not sleep (Heightened state of alertness)



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Overcoming Fear of Failure— Face Your Fear & Move Forward.

(DISCUSSION) Ask the Soldiers how they overcome fear.

- **Analyze All Potential Out Come:** Many experience fear because the unknown. Remove that fear by considering all of the potential outcomes of your decision.
- **Learn to think more positively:** An incredibly powerful way to build self-confidence and neutralize self-sabotage.



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Imagery – Mental Stress Management.

(DISCUSSION) Ask the Soldiers what they thinking of when they are stressed.

- Use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy. It relies on using all your senses.
- Using all of your senses is what creates such a powerfully relaxing experience, and this is why it's so useful in managing stress and coping with difficult situations.
- For example – “You could create mental pictures of stress flowing out of your body, your problems, your distractions, and your everyday concerns being folded away and stashed in a padlocked chest.”



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Using Affirmations – Harness Positive Thinking.

- Affirmations are positive statements that help overcome negative thinking and self sabotaging behavior. They target a specific area, behavior, or belief that you're struggling with.
- Start by thinking of the areas of your life you'd like to change.
- Write down several areas or behaviors you'd like to work on. Then, for each of these, come up with a positive, present-tense statement you can repeat to yourself several times a day.
- Is credible, believable, based on a realistic assessment of fact. You must believe the affirmations you're repeating to yourself, if not it's unlikely that they'll have any impact on your life.



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Get a Good Night of Sleep: Helps reduce stress.

(DISCUSSION) Ask the Soldiers what they think the benefits of a good night sleep are.

- Poor-quality sleep can quickly lead to reduced performance at work from reduced concentration, poor memory, diminished motivation, impaired judgment and irritability.
- You want to feel more rested, alert and ready to go, then you could improve the maximize of your work performance.